

THROAT REST



You can cough yourself into bronchitis, pneumonia, and consumption.

Bandaging and bundling your throat will do no good.

You must give your throat and lungs rest and allow the cough wounds to heal.

There is nothing so bad for a cough as coughing. Stop it by using

Ayer's Cherry Pectoral

Even the cough of early consumption is cured. And, later on, when the disease is firmly fixed, you can bring rest and comfort in every case.

A 25 cent bottle will cure new coughs and colds; the 50 cent size is better for settled coughs of bronchitis and weak lungs; the one dollar size is more economical for chronic cases and consumption. It's the size you should keep on hand.

"All families ought to be on the watch for sudden attacks of croup or acute lung troubles. Every country home in the land should keep Ayer's Cherry Pectoral constantly on hand to provide against an emergency."

JOS. A. G. WILSON, M.D., Dec. 14, 1898. Holland, Mich.

Hints to Bread Makers.

(By L. R. Veach.)

We have lately had numerous inquiries concerning the Baking qualities of flour, and although we feel unqualified to approach the subject with full intent to bring out the exact analysis of flour, we hope to be able to say something regarding facts pertaining to the strength, the way flour should be kept, the cheapest flour to use, the things that so often cause bad bread, and the way in which any house-wife can test the strength and the baking qualities of flour.

First, it is necessary to have an oven the proper temperature; this is one part of the operation pertaining to making good bread, that is so often neglected. It is a mistaken idea, to conclude, that it is a fancy with some people, that a certain make, or brand of flour, produces better or worse bread than others, and that you can put flour of a different make in the brand that one has been using and they will not know the difference. We must admit however that there are novices on both sides of the situation, and that there are millers to day who fail to keep their flour uniform, but where you find a flour that is made with some system, and by millers who know their business, flour that is kept up to a certain test at all times, and let a good baker use this continually for a time, it would be hard to make a change in brands without detection. The first thing to do, after we have proficien baking arrangements, is to know the kind of flour to get hold of to make the desired bread. Do we have to bake this flour first to find out? No, if we did, the miller would have a pretty tough road to travel, as he would have to keep a baker by his side, continuously. So then we must proceed to test the strength of flour, before we could know what to use. The reader must know that it is the gluten, flour contains, that causes the rising to take place; thus we conclude that the flour containing the largest amount of gluten is, without doubt, the best and cheapest. It is cheapest because there are more loaves or more dough to be had from a bag or barrel, than where there is only a small amount of gluten, so the way in which to ascertain the amount

of gluten is as follows: We will say for example, take one half pt. of clear strained water, put it in an earthen vessel, then weigh the amount of flour you think the water will absorb, (we shall not attempt to give the exact weight of flour, for some flour will absorb more water than others) and add very slow, stirring with a spoon until dough is formed, then enter the hands kneading slowly until you have a soft, smooth dough. If the flour, you have weighed up, was too much, weigh the remainder and find the exact amount you have used; having kneaded the dough thoroughly, place it under an airtight tumbler, allowing it to remain one hour. We then take the dough, placing it in a bowl of clear strained water, wash it until the water becomes milky, pour off the water by straining through a fine cloth, so as to retain the gluten, you continue this washing until the water becomes clear, then weigh the gluten and you have the exact amount of water the flour consumed, also the amount of gluten it contained; having this, then it is an easy matter to ascertain how many pounds of dough the flour will make. Some flour will only make 145 pounds of dough, while others make 160 and on up. It is an easy matter then to decide what kind of flour to use, as you can get one as cheap as the other, so by getting the flour that contains the most gluten, you not only have a flour that will go further, but one that will make good, sweet bread, and also when you test your flour this way, you know if you have bad bread that it is sour yeast or something in the manipulation, and not the flour.

(To be continued)

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The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers, that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

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"After doctors failed to cure me of pneumonia I used One Minute Cough Cure and three bottles of it cured me. It is also the best remedy on earth for whooping cough. It cured my grandchildren of the worst cases," writes Jno. Berry, Loganton, Pa. It is the only harmless remedy that gives immediate results. Cures coughs, colds croup and throat and lung troubles. It prevents consumption. Children always like it. Mothers endorse it.

For sale by F. C. DUERSON, Druggist.

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To Stop a Cold.

After exposure or when you feel a cold coming on, take a dose of Foley's Honey and Tar. It never fails to stop a cold if taken in time. Take nothing else.

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"I have always used Foley's Honey and Tar cough medicine, and think it the best in the world," says Chas. Bender, a newsdealer of Erie, Penn.

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ta, Jesup and The Plant System. The fast Kansas City-Jacksonville Limited, only thirty-eight hours from Kansas City to Jacksonville.

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W. L. Yancy, Paducah, Ky., writes "I had a severe case of kidney disease and three of the best physicians in Southern Kentucky treated me without success. I was induced to try Foley's Kidney Cure. The first bottle gave immediate relief and three bottles cured me permanently. I gladly recommend this wonderful remedy."

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